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COMEDIAN DEFENDS EX KATY PERRY BY SCOLDING A HECKLING AUDIENCE MEMBER AT STANDUP SHOW PAGE 16

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HOT TIMES IN THE CITY

A woman catches some sun at English Bay on Monday afternoon. Hundreds flocked to the area beach to enjoy the sun and the warm spring weather as temperatures reached into the high teens. KATE WEBB/METRO

Fare play for transit fines

New legislation will give TransLink the clout to collect fines from transit-fare evaders as of this summer PAGE 3

Mushroom farm described as 'war zone'

Paramedics say they felt helpless when they came upon poisoned workers PAGE 4

Dispelling the Marley myth

A new Bob Marley documentary re-examines the reggae legend's life, revealing what he was like as a man, father and lover PAGE 14

Clowning with care

Clowning therapy brings some relief to couples with fertility problems — and perhaps improves their success rate PAGE 17

Heroin trial put on hold

Drug shortage. Delay has 'just killed us,' says frustrated SALOME researcher

MATT KIELTYKA
matt.kieltyka@metronews.ca

Frustrated researchers at a high-profile heroin-maintenance clinical trial say the project has been on hold for nearly three months now because of an unexpected drug shortage.

The Study to Assess Longer-term Opioid Medication Effectiveness (SALOME) began in October and was supposed to have wrapped up its first phase by now.

Instead, there are currently just 25 participants in the Vancouver-based study because recruiting efforts were put on hold due to a national drug shortage from pharmaceutical company Sandoz, the sole Canadian supplier of the hydromorphone dosage required for the study.

The shortage began in March and SALOME researcher Dr. Eugenia Oviedo-Joekes doesn't know whether an end is in sight. There were supposed to be 60 participants and recruitment was supposed to continue until the trial reached a capacity of 100 people. The escalation is on hold until the shortage can be rectified.

About half of the 25 study participants are prescribed hydromorphone to manage their heroin addiction. The other half is prescribed diacetylmorphine. There is enough of the hydromorphone to keep current participants on the medication, but that's it.

The delay has been heartbreaking for researchers, who fought tooth and nail to get the polarizing trial approved. "After all the barriers we had to overcome just to start.... (The shortage) just killed us," said Oviedo-Joekes.

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Second World War

B.C. apologizes for Japanese-Canadian internments after 70 years

British Columbia formally apologized today to the Japanese-Canadian community for the internment of thousands of people during the Second World War.

Members of the B.C. legislature voted to apologize for actions taken 70 years ago that saw 22,000 Japanese-Canadians placed in internment camps in British Columbia and across Western Canada. The federal government apologized to Japanese Canadians in 1988, but today was the first time the province formally apologized and acknowledged that Japanese-Canadians were discriminated against simply because they were of Japanese descent.

North Vancouver-Lonsdale Liberal Naomi Yamamoto introduced the apology, saying the internment of Japanese-Canadians during the Second World War was unjust and contrary to British Columbia's core values. THE CANADIAN PRESS

'Tragic misadventure'

Mountain biker dies at Cypress

A man died while mountain biking at Cypress in West Vancouver Monday afternoon.

At around 2 p.m., paramedics called police to the scene, which was near the West Lake Access Road, close to the 10-kilometre mark of Cypress Bowl Road.

Police said the death appeared to be a case of "tragic misadventure" and is not considered suspicious.

The B.C. Coroners Service is also investigating. METRO

People wait for the SkyTrain at Stadium-Chinatown station Monday afternoon. PHYLICIA TORREVILLAS/METRO

New changes give transit fines bite

Fare play. Legislation closes loophole allowing fare evaders to skip out on fines

MATT KIELTYKA
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The provincial government has introduced legislation that will mean fare evaders can't be fine evaders for much longer.

Changes to the South Coast British Columbia Transportation Authority Act would give TransLink the authority to properly collect fines and resolve disputes.

Earlier this year, it became known that the transportation authority lacked the legal backbone to enforce fines given to riders and that only a small fraction of tickets had been paid.

But that will change with the amendments, expected to take effect this summer.

Drivers with unpaid fines will be unable to renew their licences and vehicle registrations, and TransLink will be able to use collection agencies and court certificates to seek payment.

The money collected will also now go straight to TransLink instead of the government.

Use of public-transit service can also be refused to people who have outstanding fines.

"The free rides are over," said Transportation Minister Blair Lekstrom. "Every passenger who takes advantage of the system by not paying a fare only increases the costs for those who do. The easiest solution to avoid being fined is to simply pay your fare ticket."

Lekstrom said the government had to act swiftly after learning transit fines could not be enforced.

"I've known about it for 60 days and it's the fastest I've been able to initiate changes in the three ministries I've been in," he said, adding that the loophole "made no sense. We moved and we corrected that today."

TransLink welcomed the change.

"Fare evasion is theft and it impacts everyone. It's a big concern for our customers and the people of the region," said Doug Kelsey, TransLink CEO. "The move by the province today shows we all take the issue seriously."

The act also changes TransLink's governance structure slightly, allowing two local mayors to sit on the private board.

Lekstrom announced his intention to change the structure last month.

Follow Matt Kieltyka on Twitter @Mkieltyka

1 NEWS

On the web

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used "to raise political issues." Watch at metronews.ca

Mobile news

After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.

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Mushroom farm like a scene from a 'war zone': Paramedics

Inquiry. What caused the toxic gases that claimed the lives of three farm workers?

PHYLICIA TORREVILLAS
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Two paramedics attending an emergency call at a Langley mushroom farm in 2008 told an inquest Monday that they came upon a "war zone" and felt helpless to rescue the men trapped in a toxic-gas-filled shack.

Vincent Ford, a paramedic with 33 years of experience, took to the stand at a coroner's inquest into the deaths of three workers — Ut Tran, 35, Han Pham, 47, and Chi Wai (Jimmy) Chan, 55 — who died after inhaling toxic gases that had accumulated in a pump shed.

The accident also left two workers, Michael Phan and Thang Tchen, with permanent brain damage.

Ford testified they believed they were dealing with a single person drowning in a tank, but realized it was much more serious when they got there.

Ford's partner Matthew Nasseri, a 16-year veteran paramedic and the ambulance driver that day, treated a man outside the shed who was in respiratory distress.

Ford looked inside the shed and saw two bodies floating in water, one unconscious lying on pipes, and another screaming for help while trying to pull his co-workers from a brown-water pool. A fifth man was found under water.

"I think it will stay with us for the rest of our lives," Nasseri testified.

"We've been trained to save lives.… Even as a human being, it's very hard to stand there and watch people die and suffer before our eyes," he told reporters later.

Ford said he had to declare the area hazardous and had to keep the rest of the workers from trying to enter the shack.

The language barrier made it hard for the paramedics to explain why they weren't going in to treat the victims, Ford added.

The paramedics had to sit and wait for the fire department, which has the equipment and training to handle the situation.

Testimonies from Ha Quan Truong, the owner of the mushroom farm and composting facility, and the victims' family members will be heard in the inquest that is expected to last until next week.

Michael Phan and his wife, Phuong Le, appear on Monday at a coroner's inquest looking into the deaths of three farm workers at a Langley mushroom farm in 2008. Phan was one of two workers who were left severely brain damaged in the incident. PHYLICIA TORREVILLAS/METRO

Heritage buildings on endangered list

Heritage Vancouver has released its 2012 list of the 10 most endangered heritage sites in Vancouver. They are threatened by things like land speculation, seismic upgrading and rezoning to make way for more density and more affordable housing. If walls could talk, all of these places would speak volumes about Vancouver's history.

2012 Top 10 Endangered Heritage Sites

1. Main Post Office

With a new Regional Mail Handling Facility under construction near the airport, the federal government plans to sell the 1958 building, and so far no potential buyer has agreed to save this historic symbol of the postwar era.

2. Historic movie theatres

With the closure of Kitsilano's 1935 Hollywood Theatre last year and the 1949 Ridge Theatre slated for closure this year or next, the last of Vancouver's historic movie theatres are going the way of the dodo bird.

The Main Post Office at 349 West Georgia has been named Vancouver's most-endangered heritage site of 2012 by Heritage Vancouver. CITY OF VANCOUVER ARCHIVES

3. St. Paul's Hospital: Historic Burrard Building

Unless the province approves the St. Paul's Renewal Concept Plan and provides funding to seismically upgrade and restore the hospital's historic Burrard Building, Heritage Vancouver says it is in grave danger of eventually being demolished.

4. Schools: Sir James Douglas Elementary (1910-12)

A seismically safe replacement school will soon be built next to Sir James Douglas Elementary, and the Vancouver School Board will offer the 1912 building and its 1950 addition for lease to a new tenant, or sell it. Similar schools, like Sir Charles Dickens School, have been demolished in recent years because of the need for expensive upgrades and repairs by tenants.

5. Strathcona North: Vancouver's first neighbourhood

One of Vancouver's oldest houses at 502 Alexander St. is currently under threat of demolition, and other houses at 412 and 414 Alexander may face a similar future if they are not protected.

6. Shaughnessy: land speculation

Realtors are advertising historic mansions in this neighbourhood as teardowns because the land they're built on is so valuable.

7. Wilmar Estate (1925)

Wilmar Estate is listed as a B property on the Vancouver Heritage Register, but its magnificent interiors make it a candidate for upgrade to A, according to advocates. Its real estate agent says it needs $5 million in repairs to bring it up to code, but Heritage Vancouver disputes that claim and is urging city council to protect it from demolition.

8. West End housing

Low-rise heritage buildings are being replaced with higher-density rental and condo buildings. Several houses on Davie and Broughton, built between 1900 and 1906, have not yet been included in the heritage register.

9. Grandview neighbourhood

Many heritage buildings in this neighbourhood not listed on the city's heritage register could soon be demolished to make way for new housing.

10. Downtown Granville Street (800-1200 blocks)

A number of Victorian and Edwardian buildings are up for sale, and current zoning designed to retain lower heights and density along the street is being eroded in favour of spot zoning for affordable housing, Heritage Vancouver says.

KATE WEBB/METRO

Two men survived

Women's bodies recovered

Two Prince George women have been identified as the people killed when the jet boat they were riding crashed in the Willow River east of Prince George on Sunday.

The women have been identified as 31-year-old Christy Schwing and 43-year-old Carolyn Simpson. THE CANADIAN PRESS

Hang-gliding death

Pilot granted bail

The pilot arrested after a 27-year-old woman plunged to her death from a hang glider in the Fraser Valley has been granted bail. William Orders was arrested after he swallowed a memory card from a camera that may have recorded the tragedy. He was kept in custody until he passed the card. THE CANADIAN PRESS

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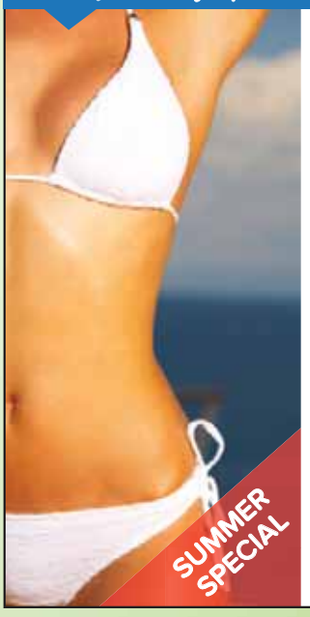

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Unsolved. Father offers hefty reward for info about daughter's murder

Every night, Jeff Buziak sets his phone on the end table next to his bed, just waiting for one call that would help ease more than four years of suffering.

His daughter, 24-year-old real-estate agent Lindsay Buziak, was stabbed to death in Saanich by someone police believe was impersonating a potential buyer.

That was in 2008.

Jeff Buziak and a team of dedicated volunteers — some of whom did not even know Lindsay but were disturbed by the nature of her killing — spend hours every week chasing leads in the case.

Now, the Calgary resident is publicly offering a reward of up to $500,000 for anyone with information that leads to a conviction. "I have made a commitment to do everything I can within the law, and maybe teetering on the fine edge of that.... Someone killed my daughter," he said. "They broke the law; not only the law of the country but the human code."

JEREMY NOLAIS/METRO IN CALGARY

Jeff Buziak holds a photo of his daughter, Lindsay. No arrests have been made in relation to her 2008 murder. JEREMY NOLAIS/METRO IN CALGARY

DOXA screening. In which infamous Swiss chemist recalls his 'problem child'

Swiss chemist Albert Hofman was trying to develop a drug that would improve blood circulation in the spring of 1943 when he accidentally discovered LSD.

He tested the drug on himself in what became the world's first acid trip: A lonely and terrifying experience, as the doctor described it.

Hofman died in 2008, but not before filmmaker Martin Witz got the chance to interview the centenarian about what it was like to watch his "problem child" escape from psychiatric labs in the 1960s and become the recreational and spiritual drug of choice for thousands.

Like the drug itself, The Substance: Albert Hofman's LSD is a mind-bending journey into the past, present and future of hallucinogenic experience.

KATE WEBB/METRO

RATING (OUT OF 5):

Details

- **When:** Today, 3:45 p.m.
- **Where:** Pacific Cinémathèque, 1131 Howe St.

Canadian UFC fighter Sam Stout trains in Vancouver ahead of UFC 131 in 2011. JEFF HODSON/METRO FILE

Commission opens door for UFC return

Bill 50. Province introduces bill to regulate professional boxing, kick-boxing and mixed martial arts

MATT KIELTYKA
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A provincewide athletic commission regulating professional fight sports could pave the way for a UFC return.

The provincial government on Monday introduced Bill 50, also known as the Athletic Commissioner Act, which would regulate professional boxing, kick-boxing and mixed martial arts in B.C.

On top of providing unified standards for safety, drug testing and officiating, the commission would mean municipalities would no longer have to worry about regulating events — though they could still choose to ban such events through bylaws.

The lack of provincial oversight has been seen as a huge stumbling block for mixed martial arts in the province.

Without it, cities like Vancouver have been hesitant to sanction professional events and required organizations such as the Ultimate Fighting Championship to indemnify the city.

The UFC has visited Vancouver — which has long insisted regulation should be up to the province — twice under this agreement, though high insurance costs have prevented any other professional organization from holding events in the city.

Vancouver's two-year trial period for professional MMA has since expired, and UFC Canada president Tom Wright said he hasn't heard whether the city intends to extend it.

"The trial period ended and no decision has been made to extend it. We have a schedule to plan and had to move on," said Wright about the UFC not hosting a third event in Vancouver this year.

Instead, the UFC has decided on Calgary for its next Western Canadian event, UFC 149: Aldo vs. Koch on July 21.

Wright wasn't in a position to confirm the popular pay-per-view fight circuit would return, but sounded optimistic.

"It's all part of the process," he said. "We're taking the right steps but (passing the bill) won't happen next Thursday. (An athletic commission) is absolutely fundamental. It's all about being responsible and looking after the safety of the fighters, which is the most important thing."

If the bill is passed, B.C. would join Manitoba, Ontario, Quebec and Nova Scotia as provinces with athletic commissions.

Quoted

An athletic commission "is absolutely fundamental. It's all about being responsible and looking after the safety of the fighters, which is the most important thing."

UFC Canada president Tom Wright

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A protester is detained in St. Petersburg during a rally against Vladimir Putin's inauguration. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Putin sworn in for third term as hundreds protest

Kremlin. At least 120 detained by riot police outside the Russian leader's inauguration ceremony

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday, while on the streets outside thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The new, now six-year term will keep him in power until 2018, with the option of running for a fourth term.

"I consider serving the fatherland and our people to be the meaning of my whole life and my duty," Putin said while addressing 3,000 guests in a Kremlin hall glittering with gold leaf.

Despite unprecedented security measures in the centre of Moscow, where streets were closed to traffic and passengers prevented from exiting subway stations, at least 1,000 opposition activists tried to protest along the route Putin's motorcade took to the Kremlin. Police picked out anyone wearing the white ribbons that are the symbol of the anti-Putin protest movement.

The demonstrators, separated into several groups, were met by helmeted riot police. At least 120 were detained, including Opposition Leader Boris Nemtsov, who was grabbed while sitting at an outdoor café.

THE ASSOCIATED PRESS

Quoted

"I consider serving the fatherland and our people to be the meaning of my whole life."

Russian President Vladimir Putin

Afghanistan

No evidence of foul play in Skype death

U.S. army investigators said Monday they found no bullet wound or evidence of foul play in the death of a soldier in Afghanistan who died during a Skype video chat with his wife.

Capt. Bruce Kevin Clark collapsed while speaking to his wife on May 1 from his base in Tarin Kot, Afghanistan. His wife, Susan Orellana-Clark, has suggested that Clark was shot, citing a hole visible in the closet behind him that she believed was a bullet hole.

THE ASSOCIATED PRESS

South Korea. Powdered baby-flesh capsules seized

South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies, which some people believe can cure disease, officials said Monday.

The capsules were made in northeastern China from babies whose bodies were chopped into pieces and dried on stoves before being turned into powder, the Korea Customs Service said.

Customs officials refused to say where the dead babies came from or who made the capsules, citing possible diplomatic friction. Chinese officials ordered an investigation into the production of drugs made from fetuses or newborns last year.

The customs office has discovered 35 smuggling attempts since August of about 17,450 capsules disguised as stamina boosters.

Some people believe them to be a panacea for disease, the customs service said in a statement. The capsules of human flesh, however, contained bacteria and other harmful ingredients.

The smugglers told customs officials they believed the capsules were ordinary stamina boosters.

THE ASSOCIATED PRESS

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Tourist tragedy

Boat-crash trial sees video footage

Video footage played Monday at the opening of a trial stemming from the boat crash that killed two Hungarian tourists near Philadelphia shows the teenage girl killed in the collision toss a deckhand her lifejacket moments before the doomed vessel is driven under by an unmanned barge.

Attorney Robert Mongeluzzi told a packed Philadelphia federal courtroom that 16-year-old Dora Schwendtner's final moments were spent selflessly trying to aid deckhand Kyle Burkhardt, who dove overboard seconds before the sightseeing duck boat was run over by a barge being guided up the Delaware River by a tug boat.

Attorneys for K-Sea Transportation and Ride the Ducks each blamed the other company — and tug pilot Matthew Devlin, who was sentenced to a year in prison for involuntary manslaughter. THE ASSOCIATED PRESS

Maximum sentence

Former cop gets 75 years for sex attack

A former police officer who grabbed a schoolteacher off the street in New York and sexually attacked her was sentenced Monday to at least three-quarters of a century in prison after being convicted of high-level sex charges, though a jury couldn't decide whether he was guilty of rape.

After staying silent during his trial, Michael Pena apologized to the victim and said he deserved to be punished, though his lawyer later said Pena was shocked at getting 75 years to life, the maximum possible sentence for his conviction.

Capping a trial that portrayed a hideous, sudden assault by an off-duty officer, the judge excoriated Pena as an embarrassment to police, while the woman said the attack — on her way to her first day of work at a new job — had destroyed her life. THE ASSOCIATED PRESS

Coalition bid fails in Greece

Samaras. Conservative leader who topped polls unable to unite parties in economically troubled nation

Antonis Samaras THE ASSOCIATED PRESS

Greece sank deeper into a political and financial morass on Monday as initial efforts to form a new coalition government failed a day after angry voters punished parties backing the country's international bailout.

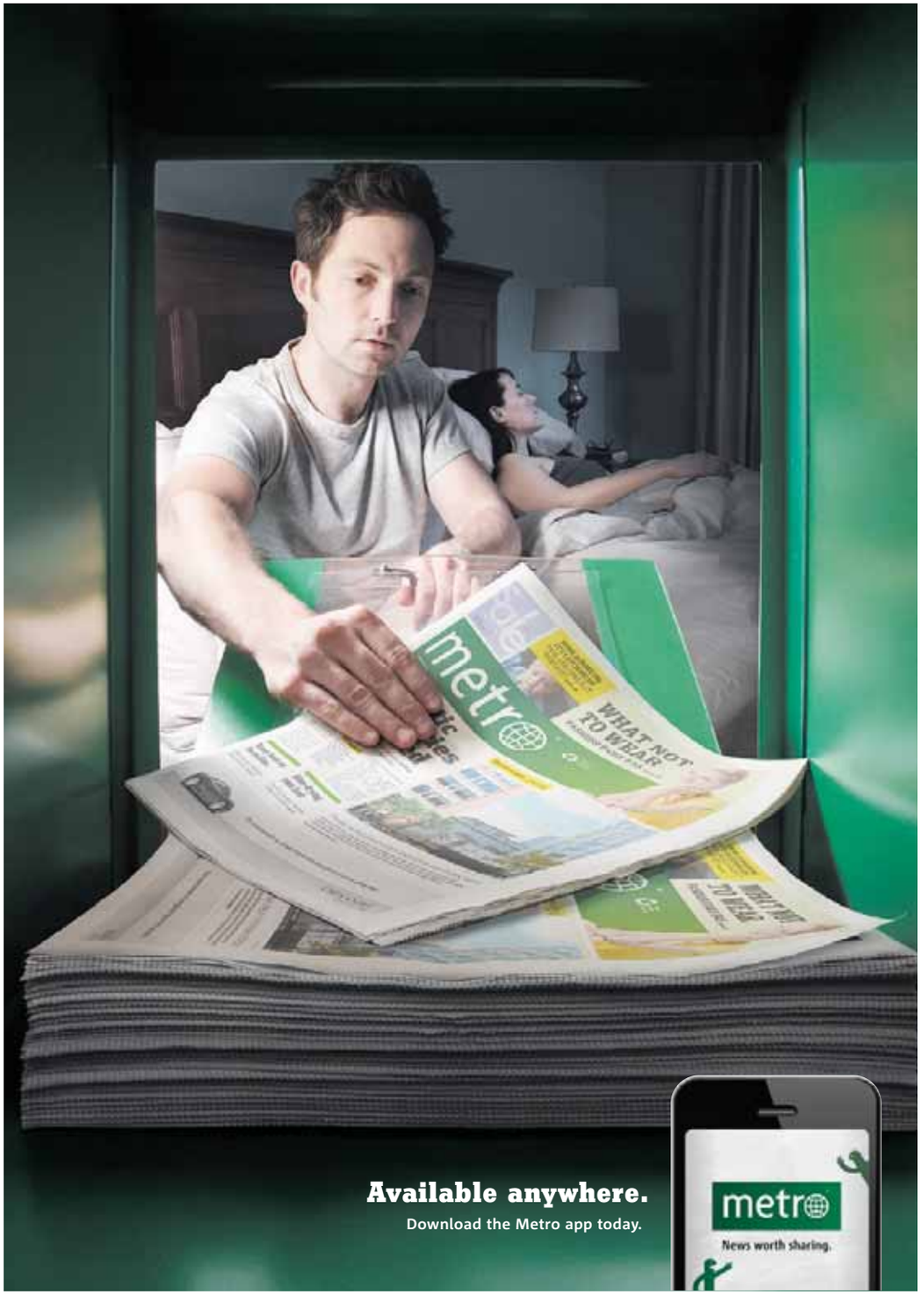
The result of Sunday's parliamentary election raised troubling new questions about Greece's ability to stay solvent and in the euro currency bloc. And the political impasse means Greece could face another round of elections next month.

Voters furious over years of painful budget cuts and higher taxes hammered the two parties who have dominated politics for the last four decades and who had signed up to the country's billion-dollar bailouts. The election result was a clear anti-austerity message. Smaller parties that had rejected the draconian terms of Greece's rescue packages made significant gains, raising the possibility that they may push the country out of the euro.

They included the extremist Golden Dawn party, which rejects the neo-Nazi label critics have used, but has been blamed for violent attacks against immigrants. The party won nearly seven per cent of the vote

New Democracy's Antonis Samaras, who came first with a meagre 18.8 per cent of the vote and 108 seats, failed to build a coalition and handed back the mandate to the president.

"We did everything possible," Samaras said in a televised address. "We directed our proposal to all the parties that could have participated in such an effort, but they either directly rejected their participation, or they set as a condition the participation of others who however did not accept." THE ASSOCIATED PRESS



Breathing rights

A protester wears a mask during a rally Monday in Portland, Ore. Greenpeace sponsored the rally to fight proposals to ship coal from Montana and Wyoming to Asia through Northwest ports. The opponents warn of local health problems from coal dust and long coal trains.

RICK BOWMER/THE ASSOCIATED PRESS

Corporal's suicide. His mother alleges military tapes were doctored

A hearing into the suicide of a young soldier was thrown off course Monday by allegations that tapes of the military's interviews with his family were doctored.

Cpl. Stuart Langridge's mother told a Military Police Complaints Commission hearing that portions of her interviews with military investigators appear to be missing from audio recordings.

Sheila Fynes' allegations came as she was questioned over her dealings with the military and what she was told by them in the months after her son's death.

Lawyers suggested some of her interactions with them weren't reflected in transcripts of interviews, but she says the tapes appear to have been altered.

The hearing into Langridge's death was called because of complaints by the Fynes family that the military's investigations were biased and focused on exonerating the Forces. THE CANADIAN PRESS

New campaign

Conservationists anti-budget plan

Canadian conservation groups have launched an anti-budget campaign condemning federal changes that they say will weaken the country's environmental safeguards.
The David Suzuki Foundation, Greenpeace and Equiterre, among others, are involved.
THE CANADIAN PRESS

NDP view

Break up the omnibus budget bill: NDP

The New Democrats want the government's omnibus budget bill broken up to allow more detailed scrutiny. They say the bill is supposed to be budget legislation, but it deals with changes to environmental assessment.
THE CANADIAN PRESS

Rafferty's mom defends son against murder rap

Michael Rafferty trial. Accused's mother claims outside court that her son is not guilty of killing eight-year-old Victoria Stafford

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her lover's scheme to abduct a child, when in fact the bloodthirsty young woman sought out Victoria Stafford and savagely murdered her, Michael Rafferty's lawyer suggested Monday.

The kidnapping was not orchestrated by Rafferty, there is no objective evidence that Rafferty raped Tori as alleged, and he is not the one who wielded the hammer, Dirk Derstine suggested.

For McClintic to testify otherwise is "absurd," he said.

Rafferty was there when Tori died from blows to the head with a hammer, and he may have even come to realize at some point in the two and a half hours the little girl was being held against her will, Derstine told the jury in his closing arguments.

Closing arguments

The defence presented closing arguments Monday, and Rafferty's lawyer told the jury they shouldn't let the "unspeakable tragedy" of what happened to Tori overwhelm their deliberations.

Rafferty's lawyer, Dirk Derstine, is also telling the jury they shouldn't believe the testimony of Terri-Lynne McClintic.

The rest, he scoffed, is a fiction invented by a troubled woman who "perjured herself over and over and over again."

McClintic, who has a proven history of violence and torture ideation, was the true engine behind Tori's death, Derstine said.

Rafferty's mother was at the London, Ontario courthouse.

She said her son is not guilty of killing Victoria.

The Crown makes their closing address Tuesday.
THE CANADIAN PRESS

New strategy for mental health

Planners at the Mental Health Commission of Canada are looking at the fight against cancer as an inspiration for their new campaign.

Their first-ever national mental-health strategy issued on Monday envisions a complete rethinking of how society looks at mental health — much like the revolution around cancer three or four decades ago.

Nowadays, there is little stigma in discussing cancer of the most intimate body parts.

Finding funding for treatment is common cause for philanthropists and recreational joggers alike.

The cancer research community is vibrant.

Advocates for better mental health can only dream of such national consensus and attention. But with a national strategy, there is a clear path to move those dreams closer to reality.

``The mental-health system should be there for everyone who needs it and now is the time to make this happen,'' the commission's lengthy report said.
THE CANADIAN PRESS

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CIA stops al-Qaida underwear suicide bomber in Yemen

Plan was to blow up U.S.-bound jetliner.
New, more refined technology used in this second attempt to hide explosive in pants

The CIA thwarted an ambitious plot by an al-Qaida affiliate in Yemen to destroy a U.S.-bound airliner using a bomb with a sophisticated new design around the one-year anniversary of the killing of Osama bin Laden, U.S. officials said Monday.

The plot represented an upgrade over the underwear bomb that failed to detonate aboard a jetliner over Detroit in Christmas 2009. This new bomb was also designed to be used in a passenger's underwear, but this time al-Qaida developed a more refined detonator, U.S. officials said.

The FBI is examining the latest bomb to see whether it could have passed through airport security and brought down an airplane, officials said. They said the device did not contain metal, meaning it probably could have passed through an airport metal detector. But it was not clear whether new body scanners used in many airports would have detected it.

Sen. Dianne Feinstein, who heads the Senate Intelligence Committee, said Monday that she had been briefed about an "undetectable" device that was "going to be on a U.S.-bound airliner."

There were no immediate plans to change security procedures at U.S. airports.

The Yemen-based would-be suicide bomber had not yet picked a target or bought a ticket when the CIA seized the bomb, officials said. It's not immediately clear what happened to the suspect.

About the bomb

The CIA won't say much about the plan, except:

- **It's not a new idea. This is the second attempt by al-Qaida to hide a bomb in underwear.**
- **The device contained no metal. This may allow it to get by airport security.**

It's not clear who built the bomb, but, because of its similarity to the Christmas bomb, officials suspected it was the work of Ibrahim Hassan al-Asiri or one of his proteges. Al-Asiri made the first underwear bomb and two other unsuccessful bombs that al-Qaida built into printer cartridges and shipped to the U.S. aboard cargo planes in 2010. **THE ASSOCIATED PRESS**

France welcomes new boss

Francois Hollande greets supporters as he leaves his campaign headquarters in Paris, Monday, a day after unseating Nicolas Sarkozy in France's presidential election. He's promised to withdraw French troops from Afghanistan next year.

REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

U.S. election

Sarkozy loss looks bad for Obama

French President Nicolas Sarkozy's defeat could be a bad omen for U.S. President Barack Obama.

Sarkozy on Sunday joined a group of leaders swept aside by Europe's economic crisis. Some 11 have now fallen, including Italy's Silvio Berlusconi and Spain's Jose Louis Rodriguez Zapatero.

While many European countries are in worse shape economically than the U.S. there are some similarities, including broad skepticism that government programs aren't doing much to spur growth or produce jobs.

Polls show most Americans still think the country remains in recession, even though it technically ended three years ago. They also show Republican Mitt Romney leading Obama on handling economic issues.

That's bad for Obama, with the economy still the No. 1 election issue.

Romney often links Obama to Europe, saying he "wants to make us a European-style welfare state." **THE ASSOCIATED PRESS**

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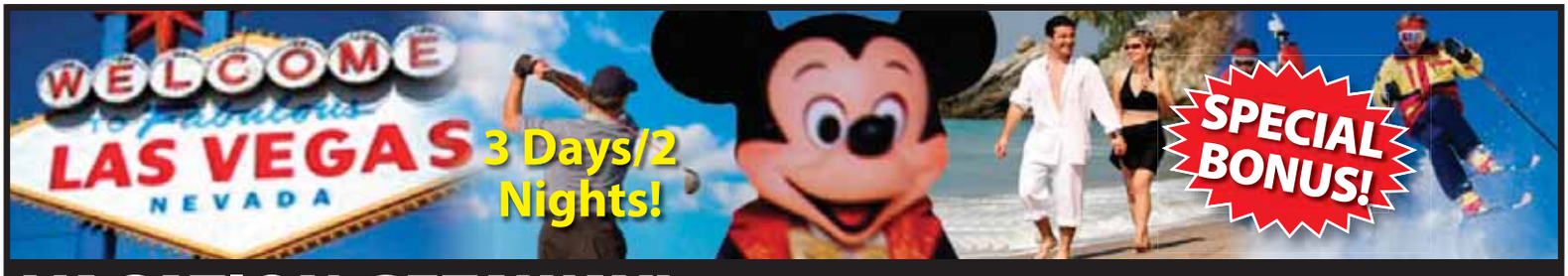

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Four Air Canada execs earning more as CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned $4 million in 2011, down from $4.55 million a year earlier, but higher than the $2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Base salaries remained mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensation grew to $1.68 million, Dee's was $1.62 million, Smith made $1.37 million and Legge's was up to $1.15 million.

Rovinescu's compensation doesn't include the $5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past two years were cancelled at his request. The Montreal-based airline lost $249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to $11.6 billion.

Still, the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

THE CANADIAN PRESS

Proxy report

- One of Rovinescu's key accomplishments was to manage through several actual and threatened labour disruptions, including a three-day strike by service and airport workers with minimal passenger disruption, said the proxy report.
- Air Canada is taking its annual shareholders meeting on the road this year to Calgary, headquarters of its chief rival WestJet Airlines.

Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO, but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan.

The bank has been operating in the region for nearly half a century, it said, and the move will expand its services to clients in the Middle East and North Africa.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.7¢ US (+0.25¢)

TSX 11,860.66 (-10.58)

OIL $97.94 US (-55¢)

GOLD $1,639.10 US (-$6.10)

Natural gas: $2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)

Pepsi. Heirs of formula developer sue company

The heirs of the man who helped develop the formula for Pepsi are suing the soda company over their right to share with the public documents detailing their father's invention.

The daughter and son of Richard Ritchie say PepsiCo Inc. is interfering with their ability to market or sell the rights of their father's life story and documents detailing his 1931 soda formula.

The suit seeks a declaration that their disclosure of the documents would be protected by First Amendment rights and wouldn't be considered a trade-secret violation.

"The original formulas of iconic beverages and the lore that surrounds their genesis and provenance are of great interest to the public," the suit states.

In a lawsuit filed in Manhattan federal court, Joan Ritchie Silleck and Robert Ritchie also seek unspecified damages for "unjustified and improper acts that have interfered" with their rights regarding their father's documents.

A representative for PepsiCo said the Purchase, N.Y., company does not comment on pending litigation.

According to PepsiCo's website, the company's namesake cola was created in the late 1890s by Caleb Bradham, a pharmacist from North Carolina. The beverage was named it for its ingredients of pepsin and cola nuts; Bradham lost the company in bankruptcy after World War I.

The suit filed on Friday says that the soda became a commercial success after Ritchie reformulated it in 1931.

THE ASSOCIATED PRESS

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UNEXPECTED LIFE LESSONS FROM MOM

SHE SAYS...
Jessica Napier
metronews.ca/shesays

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best most of the time (except when it comes to using Facebook), I thought I'd share some of the pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing. There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important. In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Location, location, location. This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward. The bad footwear choices of your 20s will come back to haunt you later on in life. Sadly, the threat of flat feet and an orthotics dependency haven't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom. Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set. Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing. Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you. My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.

Moms (usually) know best. TARA WALTON/TORSTAR NEWS SERVICE

Hats off to a clean sweep

PHOTOS BY DAN KITWOOD/GETTY IMAGES

Chim Chim Cher-ee

Sooty set takes to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle.

GETTY

Traditional chimney sweep Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

Dusting it off

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.

Metropolitan Panel

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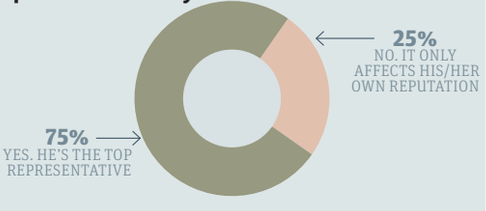
Does a mayor's behaviour affect the reputation of a city?



Twitter

@SportsnetSpec: With Gillis and Aquilini reportedly sitting down in Vancouver today, we'll find out who's wearing the pants in Canucks land. Column to come

@charliedemers: I'm coming home, Vancouver. You may have no work and be too expensive and be in the midst of losing your soul, but you are where I get mail.

@CitySlickersPet: Cinnamon baked sweet potatoes & an almond latte is a great start to the day. Now to hit the trails with the dogs. #vancouver

@trevor_linden: This looks cool!RT @ComorSports: Register now for the @VanFondo May 12th http://www.vanfondo.com 2hr #bike ride with festival after!

@Katrina_Harvey: Beautiful day in downtown vancouver! #bestplaceonearth

metro

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2
SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision News President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.
THE ASSOCIATED PRESS

On the web

Oops! Stradivarius cello worth $20M broken in accident in Spain

A new documentary about the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT HEALY
Metro World News in Boston

When award-winning director Kevin MacDonald (Last King of Scotland) turns his attention to a Bob Marley documentary, it's obviously going to go far beyond the "every little thing's gonna be all right" aspect of the late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director.

"The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did very few on-camera interviews, so MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald.

"About a third of them have never spoken (about Marley) before."

In the film, simply titled Marley, MacDonald also provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation at the singer's house deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an] image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

Quoted

"(Many people have an) image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

Marley director Kevin MacDonald on Bob Marley's work ethic and expectations of his band

MacDonald says his own international experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making The Last King of Scotland, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people. ... In Tibet, Indonesia — not just an audience of college stoners or Western people who chill out and love the vibe of it.

"It's also music that has a message that continues to appeal to people around the developing world. And that's the key about understanding Bob — he's the only Third World superstar.

"He didn't come from North America or Europe, he came from abject poverty, he grew up in a shack in the hills of Jamaica sleeping on an earth floor. ... So when you go to Indonesia, people have never heard of the Rolling Stones, but they've all heard of Bob Marley.

"In Nigeria, they've got streets and squares named after him."

DVD reviews

Underworld: Awakening

Directors. Mans Marlind, Bjorn Stein

Stars. Kate Beckinsale, Michael Ealy

As Underworld: Awakening opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckleheaded humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of Underworld land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. It's time to hang up Kate's catsuit and drive a wooden stake into Underworld.
PETER HOWELL

The Vow

Director. Michael Sucsy

Stars. Rachel McAdams, Channing Tatum

Based on a true story, but more accurately inspired by the romantic fantasies that fuel many a Valentine's Day movie date, The Vow is an example of personal chemistry barely exceeding genre formula. Channing Tatum and Rachel McAdams are Leo and Paige, a couple who are all wrong for each other until they realize they're all right. Cupid wins, marriage ensues, but the cooing is silenced by the dump truck that sends Paige to hospital and her memory to limbo. She can't remember who Leo is and can't imagine he'd be her husband. There's no mistaking elements of The Notebook here, which McAdams also starred in, and director Michael Sucsy doesn't scrimp on the suds. But Tatum and McAdams make a fine pair.
PETER HOWELL

Toni Morrison, on coming Home

New novel. Morrison's latest tells the story of a traumatized Korean War veteran who returns home to America in the 1950s

The Hudson River extends like the sun from the back of Toni Morrison's house, illuminated and infinite, undimmed by an unseasonably drab spring afternoon.

"It's interesting and soothing, and it changes constantly," she says from the comfort of a white armchair in her living room. "And at night, with the stars and the moon ..."

It's Saturday and the 81-year-old Morrison is in a relaxed, informal mood, wearing a grey blouse and slacks and dark slippers, a purple bandanna tied over her grey cornrow braids, her laugh easy and husky with a pinch of "Can-you-believe-this?"

You might mistake her for an ordinary neighbour ready for gardening until you see the pictures of her with James Baldwin, Gabriel Garcia Marquez and Elie Wiesel among others, or learn that the low wooden table by her chair was a prop from the film version of Beloved, her Pulitzer Prize-winning novel. Morrison does not need to worry about recognition in her lifetime. Nobel judges have honoured her, and so has Oprah Winfrey, whose book club picks have helped Morrison's novels sell millions. Two presidential contenders, Barack Obama and Hillary Clinton, sought her support in 2008 and Obama will soon present her with a Presidential Medal of Freedom, the country's highest civilian honour. Her play Desdemona, a collaboration with director Peter Sellars and the Malian singer-songwriter Rokia Traore, will be staged in London during the Summer Olympics.

The legend gets the glory; the real person works. Morrison has a new novel out, Home, a brief, poetic story of Frank Money, a traumatized Korean War veteran who returns to the States in the 1950s. Morrison has long used fiction as a private and alternative history, whether the Civil War (Beloved), the 1920s (Jazz) or colonial times (A Mercy). With Home, she wanted to add some truth — about war, about racism — to the standard '50s narrative.

Like Beloved, Song of Solomon and other Morrison novels, the book is a journey and a reckoning. Using bus money given to him by a pastor, Money travels from the Pacific Northwest to Chicago to his dreaded hometown, Lotus, Ga., "the worst place in the world," where nobody "knew anything or wanted to learn anything."

Warned from the start that the North is no less racist than the South, he encounters violence and segregation and the lawlessness of police. Once in Georgia, he is almost relieved. At least the pace is "human," Money observes, there was "time to instruct one another, pray for one another, and chastise children in the pews of a hundred churches."

Morrison, a native of Lorain, Ohio, never lived in Georgia. But for Home, she drew upon stories from her father, a native of Cartersville, Ga., and from her memories of the South when she was an undergraduate at Howard University in Washington, D.C. She was on tour with fellow theatre students in the early '50s and was moved by how blacks took care of her and each other, a bond dramatized in Home and many of her works. She knew what to expect from the whites in the South, but the revelation was how "lovely and generous and capable" the blacks were.

"If we arrived at a town where the faculty had made arrangements to spend the night and either the place we thought was nice, wasn't, or they didn't want the students to stay there, one of them would go into a phone booth. They would check the Yellow Pages for a black church and then call up a minister and say, 'We're from Howard University and we're a little chagrined because we don't have a place to stay,'" Morrison says. "And the pastor would say, 'Call me back in 10 minutes.' And in 10 or 15 minutes, he had rounded up his parishioners to take us in. We would go into these houses. And the women, they just fed us, took care of us, put us on these sweet-smelling sheets and cooked, and wouldn't take any money. We had to slip money under their pillows..."

As she gets older, Morrison says, the world becomes more interesting and more distressing. She is appalled at some of the remarks about Obama and the speculation that he was not an American citizen. But nature, and its mysteries, she responds to more than ever — the water, mountains, her garden. She watches Planet Earth on the Discovery Channel and marvels how it took "millions of years" for humans to evolve from "that thingy down there at the bottom of the sea."

THE ASSOCIATED PRESS

On the back burner

For her next novel, Morrison wants to write about a black intellectual, a shift from the uneducated characters who usually appear in her work.

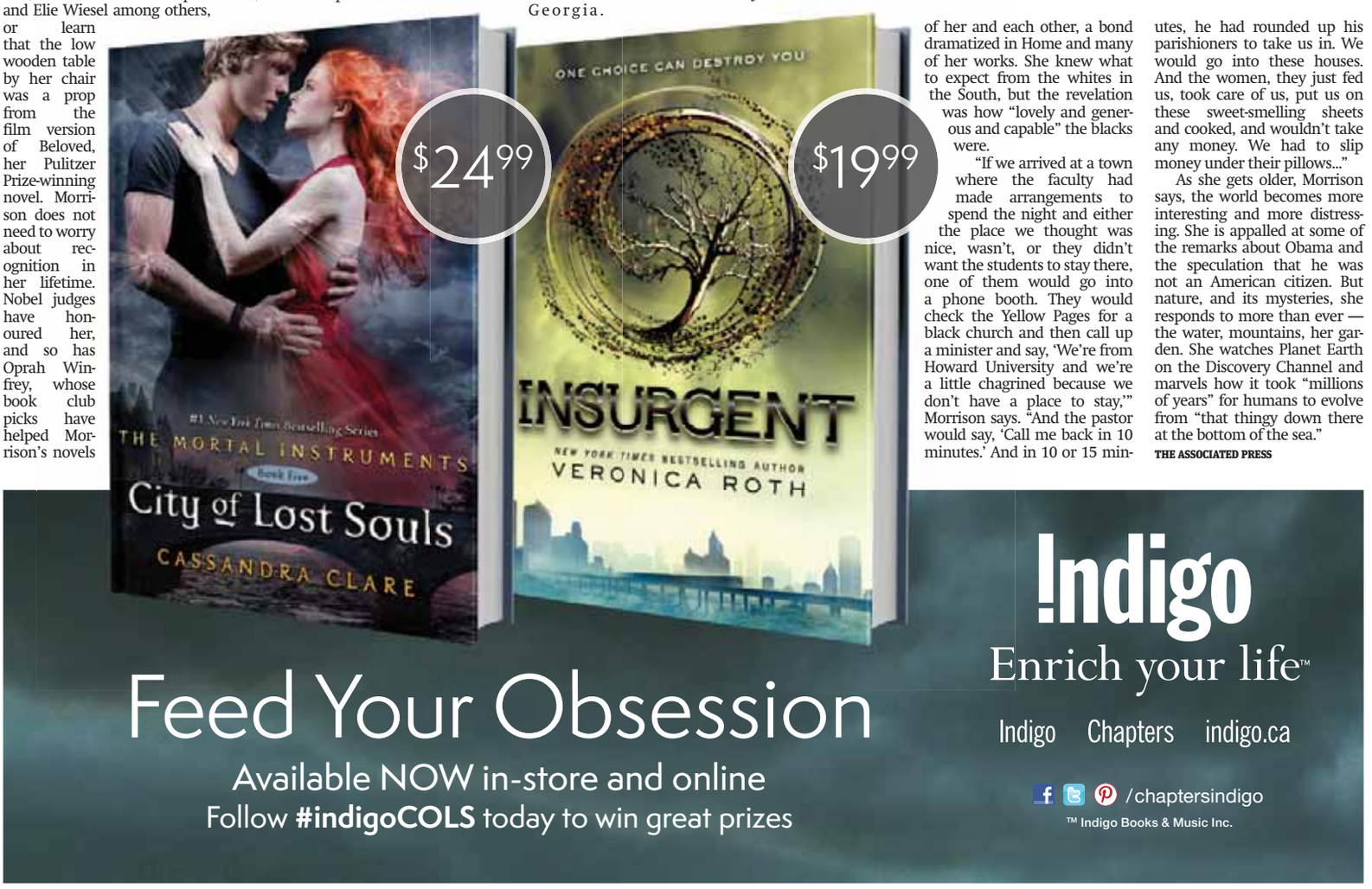
- **Staying grounded.** "When I'm not thinking about a novel, or not actually writing it, it's not very good; the 21st century is not a very nice place. I need it (writing) to just stay steady emotionally," she says.

Toni Morrison THE ASSOCIATED PRESS

Quoted

"I was really trying to take off that scab, or that veil, or whatever it is, off the '50s. We're told that it was good times — post-war, GI Bill, people had jobs and the television was full of happy stories and so on, and that's it."

Author Toni Morrison, on her new book, Home



Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that "'til death do us part" might be asking a bit much these days.

"I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," Messing tells Ladies Home Journal.

"But now we're living to 100. A hundred years ago people were dying at age 37. '"Til death do us part' was a much different deal."

Messing is reportedly dating her Smash co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.

Debra Messing ALL PHOTOS GETTY IMAGES

Twilight star goes limp on Leno

A round of reshoots on the final Twilight movie has proved painful for Kristen Stewart, who admits she suffered a "puncture wound" to her foot while re-filming a vampire hunting scene in Vancouver last week, she admitted to Jay Leno.

"I wasn't trying to have ultimate swag when I walked out. I hurt my foot," she told the talk show host after limping during her entrance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heckle Russell Brand at your own risk

MONICA WEYMOUTH
scene@metronews.ca

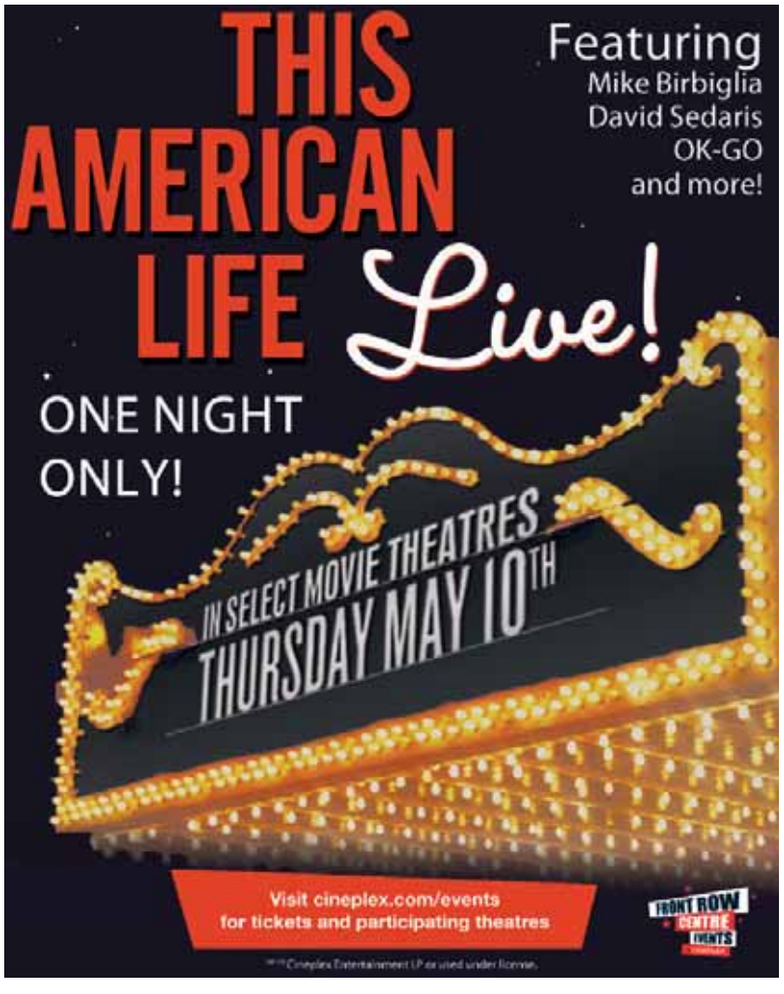
Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn't stop shouting "Katy Perry," the comedian left the stage to defend his ex-wife's honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

"Let's see how your mental illness looks in the daylight," Brand said, requesting that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered:

"You look like something that's fallen off the side of a church. And what is it that you have rattling around in your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.



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PNE_PLAYLAND

Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEFANI FORSTER/THE CANADIAN PRESS

Sending in the clowns

Clowning therapy. Professional medical clown brings cheer to couples with fertility problems, and says it can improve their success rate

Nimrod Eisenberg never wanted to enter the family business — medicine.

He went to theatre school against his parents' wishes, eventually working as an actor, an acrobat and a circus clown — fields far removed from the careers of his parents — his father was a doctor and his mother a midwife.

But the fates had other plans for him. That pull of destiny, or perhaps of heredity, brought Eisenberg closer to his parents, albeit in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran away from the family destiny, who did not want to go work in a hospital," he said. "Eventually, in a twist of fate, I'm immersed in hospitals, doctors and nurses."

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults."

Nimrod Eisenberg, medical clown

Medical clowning is part of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals.

It's based on the idea that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, arrived in big floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to bring some levity to patients undergoing in-vitro fertilization treatments.

The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hananel Holzer says he has yet to see a large enough study that confirms any medical impact from clowns.

"Is it really true? I am not convinced. Not yet," Holzer said. "Of course we are all skeptical when we hear this.

"But the main objective is to make patients feel better, to see a smile on their face."

The mood in the waiting room did become noticeably lighter Thursday as Eisenberg cradled and rocked a teapot under his arm — which he called his "clown baby" — and joked with patients and nurses.

He even dropped to one knee to dramatically serenade one woman, who laughed in delight.

Later, with reporters, Eisenberg peeled off the rubber clown nose to speak earnestly about his passion for the unconventional profession. He swears it's no joke, and can actually make a real difference in people's lives — just like his own mom and dad have.

THE CANADIAN PRESS

New guidelines aim to reduce the risk of cardiovascular disease starting right from childhood. ISTOCK

Healthy hearts. Guidelines for children

The American Academy of Pediatrics recently created new guidelines to reduce the risk of cardiovascular disease starting from childhood, including the following recommendations:

Ages 2 and up:
Your doctor should measure your child's height, weight and body mass index at every checkup. Have the doctor go over the results with you and, if necessary, explain what particular diet and activity changes could benefit your child.

Ages 3 and up:
Your child's blood pressure should be measured yearly. As with BMI, ask your doctor to discuss the results with you.

Ages 9 to 11:
A first cholesterol screening is recommended. Your child may need his or her cholesterol checked sooner if he or she has a parent whose total cholesterol is 240 or over or a close relative who has had a heart attack or stroke before the age of 55 (in males) or 65 (in females).

METRO NEW YORK

3 LIFE

Your health

Zinc may help zap a pesky cold

Researchers have determined that using zinc lozenges may shorten the duration of common colds in adults — but only by about two days.

An analysis of patient trials comparing oral zinc preparations to placebo found that adults appeared to benefit from sucking on zinc lozenges.

But lead author Dr. Michelle Science of Toronto's Hospital for Sick Children says the researchers did not find that children were helped by taking zinc.

Science says that may be because most children in the studies were getting the zinc in a syrup and at a lower dose.

She says the modest benefit for adults taking zinc may not outweigh its adverse effects — a bad taste in the mouth and the likelihood of nausea.

Researchers say zinc did not improve severity of symptoms and more study is needed to determine what dose and type of zinc are best for shortening colds.

THE CANADIAN PRESS

On the Web

Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years

Head over to Hastings Street to catch your next lunch

Catch 122 Salad. ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

It's been about 40 days and 40 nights, and Hastings Street's new French eatery — Catch 122 — is in full swing.

Its sprawling space could very well be a dance hall. With a wooden bar and trendy warehouse-style lighting, the bustling eatery's daytime vibe easily becomes lounge-like at night.

At the kitchen helm is Walter Messiah — a globe-trotting chef known and respected for his old-school French techniques. A peek at his resume reveals restaurant stints in Monte Carlo, Paris, and Johannesburg (to name just a few).

When lunch arrived, I could see why the newly opened spot was already so busy.

The carefully plated Catch 122 Salad exuded quality and careful execution. With caramelized clusters of room-temperature onion surrounding the nice pile of crouton-strewn arugula, it was entirely pleasing to the eye.

Sticks of nutty gruyere, vinaigrette-doused grape tomatoes and a small portion of fresh, high-quality smoked salmon were equally enjoyable. All I could have asked for was a bit more protein.

Visiting the restaurant

Catch 122

Address. 122 W. Hastings St.

Phone. 604-731-3474

Rating. 4/5

Price range. $$

Business lunch. Yes

Social lunch. Yes

Quick solo lunch. Yes

Firecracker almonds.
Hot-and-spicy snack is full of flavour & nutrition

1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper

All's fair in love and war? Not if she dated your friend first

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I have fallen for a great girl — the problem is she used to date my best friend, and although it's been years, I know she meant a lot to him. And it doesn't help that I was the guy he confided in while they were breaking up. She asked me out many times, and I avoided her out of respect for him, but I finally gave in and we really like each other. I asked him if he would mind if we went for drinks and he told me that if I did, it would be impossible for us to remain friends. Seriously? BFF.

Claire: Dear BFF,

The saying 'All's fair in love and war' is ... total BS. It's all unfair — on both sides. He has good reason to be upset, and you have good reason to expect him to be less uptight after so many years.

I won't tell you it's a choice between your friend and the girl, because I think you might be able to have both ... eventually.

But give your friend time, reach out to him regularly, and don't be shocked if you hear he made a voodoo doll in your image.

Strangely enough, your friendship has a better chance of surviving this if you and this girl become a long-term couple — that would show that you didn't take this risk for some fling. So good luck, on both fronts.

Andrea: Dear BFF,

You've probably heard of the "guy code" and thought that in this case, it no longer applied. But if this is your friend's reaction, it still does.

The choice you have to make is whether this girl is worth losing your friendship over or not. In my humble (and correct) opinion, it usually isn't.

It doesn't mean you can never date her, but putting your relationship with your buddy first will allow him to see that your intentions are genuine, and that 'family' comes first.

He'll be more open to starting a conversation about boundaries versus jumping immediately to the defensive. Jumping into bed with her despite his wishes will only result in seriously complicated BBQs.

Jersey Shore BFFs Vinny, left, and Pauly D, definitely respect the 'guy code.' GETTY IMAGES

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To gift or not to gift, that is the big question

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I volunteered to help organize my friend's wedding. I'm pretty close with the bride and she expects me not to get them a gift. She is expecting to pay for my banquet meal and unexpected meals (i.e. paid meals for meetings). What should I do when they don't expect a gift from me? It seems a bit rude to not get them a gift.
Signed,
To Gift or Not?

Dear To Gift or Not,

Your friend seems very lucky to have you! It sounds like the bride is trying to make sure you don't feel taken advantage of, based on all of the hard work you are doing to help her have the wedding of her dreams (more brides need to pay attention to this fact!).

So firstly, since you are both her friend and attending the wedding, I think it is very appropriate for you to purchase something small for her to mark this important occasion.

Now the question is what to get, and how much to spend?

If you were only attending the wedding as a guest, how much would you have spent?

This could be a good starting point for you.

Have you thought of perhaps just an amazing picture of the two of you planning the wedding in a beautiful frame, a card with a prepaid dinner coupon for the bride and her new husband to enjoy or being part of a group present rather than getting something all by yourself? But also doing something that is meaningful and personal such as acting as the wedding planner can be just as important as a gift, so don't feel obligated.

Remember some golden rules:

1) Don't ever spend more than you can afford.

2) Don't be extravagant — it may only make the recipient uncomfortable.

3) Doing all of the planning and organizing is a big job and can be a gift in itself.

I hope this helps, and have fun planning!

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Keep that credit intact while co-signing a loan for your children

The parent trap. 'Dad, can you just sign here?' Know the consequences before you become responsible for your children's debts

YOUR MONEY
Alison Griffiths
money@metronews.ca

Spring is a time of optimism as students graduate and venture out into the world of work.

It's also the season when young'uns may need cars, clothes, travel funds and furniture as they spread their adult wings. And to acquire all that stuff, they often need a co-signer because they can't yet qualify for loans on their own.

Here are seven things to keep in mind if you are asked to guarantee a loan.

Alison's money rule

"Co-signing a loan is exactly the same as lending cash out of your pocket."

1. Lenders consider co-signers joint borrowers who are equally responsible for the amount owing.

2. The loan will likely will appear on your credit report and may adversely affect your credit score, especially if payments aren't made on time. Debt collectors could pursue you if the loan is in arrears.

3. Since co-signers are legally responsible for the loan, monitor it closely. Happily, if you co-sign with a federally regulated financial institution, you are entitled to receive the same information as the person who takes out the loan.

4. Before you become a co-signer consider the worst-case scenario. Can you afford the loss? Even if there is an asset involved, like a car, it may be worth less than the amount owing.

5. Aside from the money what would it do to your relationship with the primary borrower if there were problems with the loan? Co-signing is the same as lending money and should be treated as such.

6. If you are co-signing for a family member other than your child or for a child who has been away from home for some time, ask for a credit report. This can create tension, but if they have trouble paying off debts, how is that going to be different with you as a co-signer?

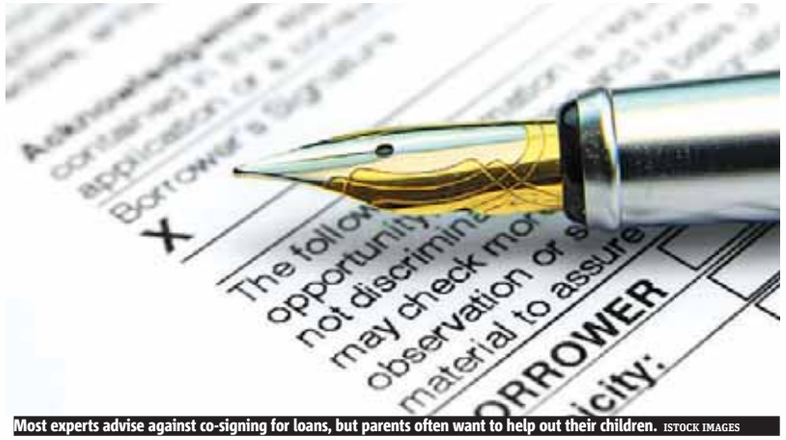
7. When the loan has been repaid, get a statement from the lender that the debt has been discharged and check your credit report to ensure it is noted.

Most experts will advise against co-signing, but we as parents always want to help our kids. Still, make sure you are aware of the consequences when you are responsible for someone else's debt.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Joint borrowing

- **Do your homework.** Visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on 'Resources' and go to publications. There you'll find a useful tip sheet called "Know your responsibilities as a joint borrower."



Most experts advise against co-signing for loans, but parents often want to help out their children. ISTOCK IMAGES

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Your mortgage

Are you financially ready to be a home owner? ISTOCK IMAGES

Try to avoid hefty break fees

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Since selling my house and discovering my mortgage prepayment penalty would be a whopping $5,000, I've been hunting for ways to reduce the break fee.

The best idea is to avoid the fees in the first place by knowing the ins-and-outs of the mortgage before you sign the papers.

When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house.

From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up.

Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage.

If you're like me and have already sold your property, prepay the mortgage up to the allowable limit.

Typically a borrower can pay a lump sum on the mortgage each year between 10 and 20 per cent of the original value of the mortgage. You can do this through online banking or ask your lawyer to have the bank apply the allowable lump sum to the principle balance when the old mortgage is being paid out.

The penalty is then applied only to the remaining balance of the mortgage, which could reduce the fee by thousands of dollars.

Using RBC's mortgage pre-payment calculator, I know that by paying an extra 10 per cent in principle on my mortgage balance, I can save $600 in break fees.

Coming up with the funds to pre-pay a mortgage can be a challenge. Some turn to their home-equity line of credit, which doesn't have a prepayment fee.

Others take out a traditional loan or borrow from a friend. If you're going to pre-pay, ensure the benefits of the pre-payment (i.e. the savings on the penalty) are greater than the costs of borrowing funds.

Alternatively, negotiate with your existing lender to reduce or eliminate the fee in exchange for keeping your mortgage business with them.

Overall, if the fee is too great, don't break your mortgage!

Breaking it down

"When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house. From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up. Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage."

Build up your savings.

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metro
HOME RENOS
Tuesday, May 8, 2012

Projects like painting, remodelling your kitchen, adding a second bathroom or finishing the basement and attic are renovations you can do yourself. RON CHAPPLE STUDIOS/THINKSTOCK

Your renovation financing options

Planning. You should have a good idea of budget, labour and material costs

YLVA VAN BUUREN
For Metro

Have you bought an old property and need to fix it up? Had kids ... and need another room? Or just want to add a second bathroom?

Geoff Dillon, senior director of retail and business banking for CIBC, says in planning a home renovation, you should have a good idea of budget, labour and material costs, and if you need to finance the renovations, the specific time period to repay it.

Here are financing options.

• Cash on hand. If you are looking at a renovation that will cost $10,000 or less, you may have cash put away for that. But don't deplete all of the money you have saved — just in case, says Dillon.

• Credit card. You could put materials, etc., for smaller renovations on credit but be careful not to carry the balance for too long. Interest rates can be very high.

• Line of credit. A line of credit provides the most flexibility in that you only borrow what you need, when you need it. "These projects can take months," says Dave Stafford, managing director, real estate secured lending, Scotiabank, "and you draw only the funds you need — and pay interest on the actual costs you incur."

Marketable home renos

These projects may add value to your home:

- Remodel the kitchen
- Add a second bathroom
- Finish the basement or the attic
- Replace old windows or doors
- Create a home office space

There are two kinds:

• Secured line of credit (secured against real estate). If you have equity in your home, this is probably the best financing option, says Stafford. And the interest rate is lower than most personal loans and credit cards.

• Unsecured line of credit. Approval is based on your overall credit history, income, the amount of money you are looking to borrow and the amount of money you have already borrowed. The interest rates would be higher on this line of credit because it is unsecured.

• Mortgage refinancing. Refinancing your existing mortgage lets you spread repayment over a long period at mortgage interest rates. Because it's fixed, you have to know upfront what you want to borrow. Also, there are rules around how much you can refinance. For example, Canada Mortgage and Housing Corporation caps refinancing at 85 per cent of the home's value, says Stafford.

• Personal loan. One benefit of a personal loan, says Dillon, is the clear payback time frame. A five-year loan would be paid back in five years.

Renovations to your bathroom can be eco-friendly. COMSTOCK/THINKSTOCK

Eco-friendly. Feel better about your home

An eco-friendly renovation is a well-planned project that is in response to your needs — and no more, says François Fortin, technical and sustainable construction services, RONA. Environmentally friendly materials are used whenever possible, says Fortin. And the renovation improves energy efficiency and reduces demand for water overall.

"While it is about saving money," says Chris Higgins, homes expert with the Canada Green Building Council in Vancouver, "it's also something you can feel better about."

Here are 12 eco-friendly choices:

1 Source building products locally to cut down on transportation miles.

2 Look for recycled materials. For example, Winnipeg's Anpex makes flooring and countertops out of crushed porcelain from toilets.

3 For healthy flooring, always choose a hard material such as hardwood, linoleum and vinyl tile instead of installed carpeting. "Statistics show that at the end of its life, 30 to 40 per cent of the weight of carpet can be dirt," says Higgins.

4 Look for FSC (Forestry Stewartship Certification) certification on wood products. FSC means trees were harvested in a responsible manner.

5 Use low VOC (volatile organic compound) paint and floor finishes.

6 Choose Energy Star rated products such as appliances and windows. The designation identifies energy efficient products. (An old fridge can use 15 per cent of electricity consumed in a house that's heated by gas.)

7 If you are removing drywall, etc., improve insulation. "Insulating your attic is like wearing a toque in the winter time," says Shaun Loney, executive director of BUILD, a non-profit contractor in Winnipeg specializing in energy and water efficient retrofits. Insulating the basement is like wearing pants. Payback will be about three years.

8 Upgrade the gas furnace. Up to about 50 per cent of available energy is wasted in an old furnace, says Loney. "A high-efficiency natural gas furnace is about 95 per cent efficient."

9 Use a 1.5 gallon/six litre per minute aerated shower head — it's inexpensive (about $20), cuts water consumption in half, and saves energy because it's hot water, says Loney.

10 Install a six-litre high-efficiency flush toilet. (Visit map-testing.com for flushing performance scores.)

11 Switch to compact florescent light bulbs and LED lights, which cost pennies a day to operate and don't throw off heat like the old-style light bulbs.

12 Buy a front load clothes washer — it puts water through clothes rather than clothes through water in the top loader. Plus, clothes come out dryer so you use less of everything.

The sooner you're mortgage free, the more you can get out of life.

Life adds up.
Your finances should too.

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Dig these landscaping tips for first-timers

KELLY PUTTER
For Metro

As a first-time homeowner you are deluged with so many plans for your new address that settling on a flower bed here versus a pair of shrubs there can be overwhelming.

Spend your landscape dollars wisely and do plenty of research before heading out to the garden centre, advises Denis Flanagan, public relations director for the Landscape Ontario Horticultural Trades Association. By following these two rules you are less likely to blow your budget or end up with tropical plants that don't have a hope of surviving the arctic climate in which you live.

"Do your homework and try to get a bit of a road map to guide you is the secret," he says. "We're a bit like kids in a candy store, especially at this time of year. Doing your research ahead of time will help you avoid buying on impulse."

If you have earmarked some money for your outdoors, Flanagan highly recommends investing in a landscape designer or consultant.

A good designer will assess your needs and lay out a gardening plan that can be done gradually over a number of years, depending on your budget.

But if hiring an expert is out of reach, there are plenty of alternatives. Once you get to know your new neighbours and their gardens, ask if they are interested in trading seeds and cuttings from plants that need to be divided. Do the same with friends, relatives and co-workers.

Flanagan recommends joining your local horticultural society. Often, these groups offer free or low-cost seminars and talks on a wide range of landscape and gardening concerns. In addition, this is where you will learn about community plant swaps and sales that don't break the bank.

Some municipalities offer soil, mulch, compost and even trees for free. For stones, bricks and other gardening materials, check out demolition sites, but get permission first.

Flanagan warns that you need to be careful about what you plant in your yard. Just because something is free doesn't mean you will want it, no matter how beautiful. Certain plants are invasive and will choke out others so be mindful. Again, do your research.

When in doubt, ask an expert at landscapeontario.com, where questions are fielded by master gardeners.

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If you choose a do-it-yourself project, expect it to take longer, but to cost less than hiring a professional. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

DIY. It's all about cost, comfort and knowledge

JON TATTRIE
For Metro

After pouring your life savings into buying your first home, you may balk at spending more money for that final renovation. But how do you know when to do it yourself and when to call in a contractor?

Mag Ruffman, the DIY guru behind shows like A Repair to Remember and Lowes Family Fun Projects at Lowes.ca, says the first questions is — will you DIY and die?

"The question I always ask is, 'Has anyone died doing this?'" she says, only half joking.

If the answer is yes — and that often involves electrical or plumbing — you will want to call in a pro. "It's not something you can make assumptions about and assume you'll be lucky," she says. "Luck tends to work against you."

Beyond that, it comes down to comfort, cost and knowledge. Ruffman says you can get comfortable with basic power tools to handle jobs like drywalling if you have an expert show you the ropes.

Ruffman observes that with home renovations, you can have any two of good, cheap or fast — but not all three. If you DIY, expect it to take a long time, but to cost less. A pro will cost more, but will likely be faster. For big jobs, consider compromising to bring down the cost. Gut the bathroom before hiring a pro to install the new one, or have a pro build the frame of your deck and do the decking yourself.

Ruffman says that while the knowledge of redoing flooring is fairly easy to obtain, carpeting requires tools and skills. Bathrooms and kitchens play an outsized role in the resale value of your home, so think carefully before doing it yourself.

Jim Rivait, CEO of the Canadian Homebuilders Association in Alberta, says a good contractor will also know the building code and what permits are required.

He adds that electrical problems can lead to fires, and plumbing miscues can cause floods.

Rivait says if you hire a pro, look for the RenoMark. "They can be assured the renovator follows a certain code of ethics," he says. "They have to provide some form of warranty."

RenoMark currently operates in six provinces and plans to go nationwide soon.

NHL

Coyotes dispose of Predators

Mike Smith stopped 32 shots and the Phoenix Coyotes beat the Nashville Predators 2-1 on Monday night to earn their first trip to the Western Conference finals. Derek Morris and Martin Hanzal each scored.
THE CANADIAN PRESS

NHL

Coyotes step closer to a new owner

The Phoenix Coyotes' ownership woes have apparently come to an end.

NHL commissioner Gary Bettman announced the league has struck a tentative deal with a new ownership group led by Greg Jamison.
THE ASSOCIATED PRESS

NHL commissioner Gary Bettman
GETTY IMAGES

MLB

Giants' Mota gets 100-game ban

San Francisco Giants reliever Guillermo Mota was suspended for 100 games on Monday for a positive drug test. The commissioner's office said the right-hander tested positive for Clenbuterol.
THE ASSOCIATED PRESS

NBA

"I feel surprisingly great."

Ray Allen, Boston's 36-year-old shooting guard. Allen, along with Celtics teammates Paul Pierce, 34, and Kevin Garnett, 36, all appear to have some life in their old bones. The Big Three (plus Rajon Rondo) have led the Celtics to a 3-1 lead over the Hawks. Game 5 is Tuesday night in Atlanta.

Rangers wait till waning moments to crush Capitals

NHL. New York ties it in final seconds before winning Game 5 in OT

Game 5

3	2
Rangers	Capitals

Marc Staal scored a power-play goal 1:35 into overtime after Brad Richards tied it in the dying seconds of regulation to lift the New York Rangers to a stunning 3-2 victory over the Washington Capitals in Game 5 of the Eastern Conference semifinals Monday night.

With Henrik Lundqvist pulled for an extra attacker, Washington's Joel Ward took a four-minute penalty for high-sticking Carl Hagelin with 21.3 seconds left in the third period. Richards tied it on the first half of the power play with just 7.6 seconds to go, and Staal won it with a drive that appeared to deflect off a Washington player before beating Braden Holtby.

The Rangers can advance to the Eastern Conference finals on Wednesday in Washington.

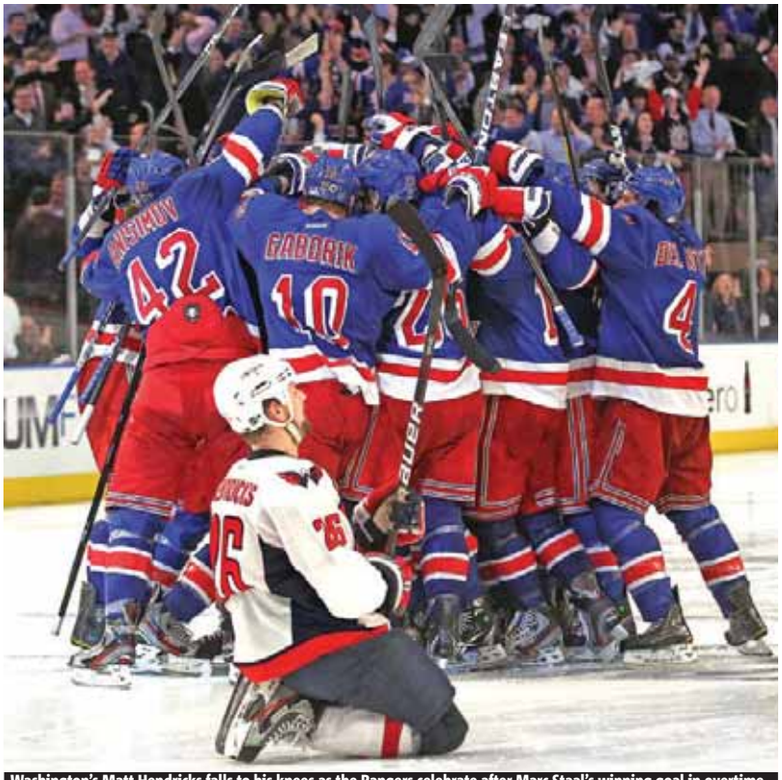
With the crowd still buzzing over the shocking tying goal, a din that held up through the long intermission, John Mitchell won a faceoff in the Capitals' end to start the winning play. Staal corralled the puck at the right point, glided to the centre of the zone, and fired the drive that set off a wild celebration at Madison Square Garden.

The Rangers mobbed each other at centre ice as the crushed Capitals trudged toward the tunnel to their dressing room and then raised their sticks to the crowd as red, white and blue streamers cascaded down from the rooftop.

The celebration, which culminated in fireworks as the three stars were announced to the crowd, seemed almost inevitable after Richards tied it.

After no success with traditional 5-on-4 power plays, the Rangers made the most of their 6-on-4 edge as Lundqvist watched from the bench.

Michael Del Zotto took a shot that hit traffic in front to the right of Holtby. Ryan Callahan took two or three hard whacks at the loose puck, but couldn't get it forward. Richards jammed his stick into the maze of legs and poked the puck past Holtby just before he was able to cover it with his glove. THE ASSOCIATED PRESS


Washington's Matt Hendricks falls to his knees as the Rangers celebrate after Marc Staal's winning goal in overtime.
BRUCE BENNETT/GETTY IMAGES

Gillis signs new deal, turns attention to Vigneault

Mike Gillis GETTY IMAGES FILE

The Vancouver Canucks resolved the status of general manager Mike Gillis on Monday and moved closer to determining coach Alain Vigneault's future.

The NHL club, still reeling from an unexpected first-round playoff exit after going to the Stanley Cup final 11 months ago, announced Gillis has agreed to terms on a new contract. Terms of the deal were not disclosed, and Gillis refused to state the contract length during a conference call with reporters.

"There've been moments where I reflected and wondered if the amount of energy and the amount of opportunity to be evaluated by everybody was the right thing for me, but I felt that it was," said Gillis. "I felt that we had unfinished business for sure here, and this team was on the right track."

Gillis, a 53-year-old Kingston, Ont., native, was entering the final year of a five-year deal that he signed when he took over the team in 2008.

"This is a significant announcement for our hockey club," said chairman Francesco Aquilini, whose family owns the team, in a release. "These past four years have been the most successful in Canucks history. Mike and his management team have done an excellent job to position us for long-term success on and off of the ice.

"We believe Mike's presence in this organization is important to the long-term success of this hockey club and we are confident that we will continue to compete at the highest level under his leadership."

Now that he has secured a new deal, Gillis will address Vigneault's status as soon as possible. The GM said it is his decision whether Vigneault remains behind the Canucks bench, and he wants the coach to continue with the club.
THE CANADIAN PRESS

Speculation erased

The announcement, which came after Gillis met with Aquilini earlier in the day, erased speculation about the GM's future, which had percolated for two weeks after Vancouver's elimination by the surging Los Angeles Kings in five games.

4 SPORTS

NHL playoffs

Flyers' Giroux banned for Game 5

Claude Giroux has to watch Philadelphia's attempt at saving its post-season from the sidelines. He can only hope he hasn't played his last game of the season with the Flyers. Giroux was suspended by the NHL on Monday for his illegal check to the head on New Jersey centre Dainius Zubrus in Game 4 of the Eastern Conference semifinals. Giroux said in a statement that he "respects the decision and wants to move on."
THE ASSOCIATED PRESS

On the web

New York Knick Amare Stoudemire's choice to punch a fire extinguisher after a playoff loss to the Miami Heat last week was ill-advised, to say the least. But he's hardly the first athlete to take out frustration on an inanimate object and sports psychologist Jack Watson says such outbursts can be linked to how athletes are hard-wired. Scan the code for the story.

Spurs cruise past Jazz

San Antonio's Tim Duncan blocks Devin Harris during the Spurs' 87-81 win over the Jazz on Monday night in Utah. Manu Ginobili broke out of his shooting slump with 17 points to lead the Spurs to the victory and a sweep of Utah in the first round. STEVE DYKES/GETTY IMAGES

Staggering Bulls face uphill battle against the 76ers

NBA. With key players injured, Chicago must overcome 3-1 deficit

It seemed almost unthinkable that the Chicago Bulls could be in this spot.

Yet here they are, trailing the Philadelphia 76ers 3-1 in the first round and trying to avoid elimination as they return home for Game 5 on Tuesday night.

If the Bulls lose, they will be just the fifth No. 1 seed to fall to an eighth seed. It would also give Philadelphia its first series victory since 2003, a scenario few envisioned when the postseason started.

They also realize it'll take a wild comeback for them to advance, particularly in light of their injuries. They lost Derrick Rose for the remainder of the season to a torn anterior cruciate ligament in his left knee in the series opener, and centre Joakim Noah will likely sit out a second straight game due to a sprained left ankle.

As they staggered back home following Sunday's 89-82 loss, they sure looked like a beaten team.

History says they're just about finished, too. Only eight teams have come back from a 3-1 deficit to win a best-of-seven series.

Bulls guard Richard Hamilton wasn't conceding anything. He was with Detroit when the Pistons turned the trick in 2003, beating Orlando in the first round after having fallen behind 3-1 and advancing to the conference finals.

The only other eight seeds to knock off a No. 1 are Denver (1994), New York (1999), Golden State (2007) and Memphis last season, when it eliminated San Antonio. THE ASSOCIATED PRESS

Quoted

"It's been a crazy year from beginning to right now."

Chicago guard Richard Hamilton

Chicago's Joakim Noah, sidelined by a sprained ankle, reacts from the bench Sunday in Philadelphia. MICHAEL PEREZ/THE ASSOCIATED PRESS

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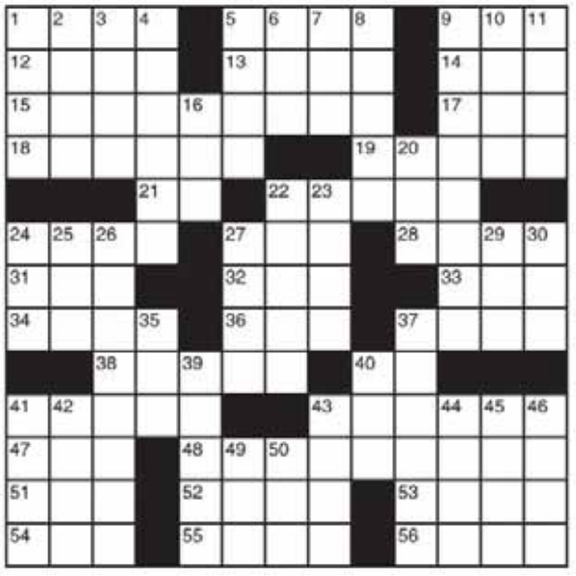
Crossword

Across

1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — -Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star
55 Existed
56 "CSI" actor George

Down

1 Cribbage props
2 Nashville entertainment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity
43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need
46 Tackles' teammates
49 Keatsian opus
50 Postal creed word



Sudoku

8		1				5		6
	7		8		6		4	
6								8
		5	6		8	3		
	8						1	
		4	9		7	8		
3								2
	6		2		9		7	
4		9				6		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	9	6	2	7	8	5	1	4
5	4	7	6	1	9	3	2	8
1	2	8	5	3	4	7	6	9
4	1	2	3	8	6	9	7	5
6	7	9	4	2	5	8	3	1
8	5	3	7	9	1	2	4	6
2	8	5	1	6	7	4	9	3
9	3	1	8	4	2	6	5	7
7	6	4	9	5	3	1	8	2

Yesterday's Crossword

P	A	P	A		W	I	T		H	E	A	T		
E	G	O	S		A	C	E		O	U	C	H		
E	U	P	H	O	R	I	A		B	R	I	E		
R	E	S	E	A	T		M	O	N	O	D	Y		
			N	T	H		S	W	A	P				
A	B	E		S	O	L		L	I	E	G	E		
L	A	U	D		G	E	E		L	A	N	A		
P	A	L	E	D		I	M	P		N	U	T		
		O	P	E	D		P	O	W					
B	E	G	O	N	E		E	N	A	M	E	L		
I	S	I	S		E	U	R	Y	D	I	C	E		
N	A	Z	I		P	R	O		E	R	R	S		
D	U	E	T		S	I	R		D	E	U	S		

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXCDUJXY VK QXGKSQ PI RGX YSUVPIY, FPW JPWDY NUF RGUR GX CDUFXY SI DSXW PB DPW.

Yesterday's Cryptoquip: WHAT SONG MIGHT SOMEBODY SING WHILE REMODELING APARTMENT WALLS? "GOODBYE, OLD PAINT."

Today's Cryptoquip Clue: R equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. Aim to make money and move up in the world.

Taurus | April 21 - May 21. At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.

Gemini | May 22 - June 20. You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.

Cancer | June 21 - July 22. You know what you want but try not to be too pushy or impatient because that could cause resentment among those who don't share your hunger to succeed.

Leo | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.

Virgo | Aug. 23 - Sept. 22. Use your powers of persuasion wisely and you will get whatever it is you desire.

Libra | Sept. 23 - Oct. 22. Make a point of talking to people today, even people you would usually go out of your way to avoid.

Scorpio | Oct. 23 - Nov. 21. If someone tries to tell you to work harder today you must tell them to mind their own business.

Sagittarius | Nov. 22 - Dec. 21. You need to shake things up a bit.

Capricorn | Dec. 22 - Jan 20. If for any reason you are less than happy with what's taking place at home or at work you must speak up.

Aquarius | Jan. 21 - Feb 18. You will have a great idea today, but you would be wise to keep it to yourself.

Pisces | Feb. 19 - March 20. News you receive from afar will help you make sense of something that has been confusing you.

SALLY BROMPTON

Caption Contest

"Peek-a-bear"
Debbie

COURTNEY SPRADLIN/THE LOG CABIN DEMOCRAT, THE ASSOCIATED PRESS

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